



Special Section:
Valentine's Day

Opinions and features on
facets of that special day.

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gateway

UNIVERSITY OF NEBRASKA AT OMAHA SINCE 1913

Wrestling ends season
undefeated

Team finishes 10-0 in duals,
prepares for MIAA duals

SPORTS
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TUESDAY | FEBRUARY 10, 2009

Legislature considers changes to pending smoking restrictions

SCOTT STEWART
NEWS EDITOR

As the enactment of Nebraska's statewide indoor smoking ban approaches this summer, senators in the state capitol are considering to make last-minute changes to the restrictions.

The recent amendments to the Nebraska Clean Indoor Air Act will take effect June 1 and will require every indoor workplace in the state to be smoke free. The only exceptions to the act are 20 percent of hotel rooms, tobacco-only retailers, facilities researching the health effects of smoking and private residences, except for licensed child care centers.

A bill introduced by Sen. Russ Karpisek to the Health and Human Services Committee seeks to allow local political subdivisions to opt out of the new restrictions, allowing a subdivision to return to the current rules or create more stringent requirements.

"I'm not here advocating for smoking, but for personal rights," Karpisek said in a statement. "Lincoln and Omaha got to vote. The rest of the state is getting it shoved on them."

The proposal, Legislative Bill 611, had a public hearing at the State Capitol Building in Lincoln on Friday.

Attorney Paul Schumacher of Columbus and Jim Moylan of the Nebraska Licensed Beverage Association testified in support of LB 611.

They argued that rural Nebraskan communities are struggling to exist, and local bars may be among the few institutions

SEE SMOKING: PAGE 2

Mavericks shave heads after raising \$43,000



UNO hockey players Jeric Agosta (left-to-right), Rich Purslow and Jordan Willert have their heads shaved after Saturday night's game. The team shaved their heads after exceeding their fundraising goal of \$30,000, with more than \$40,000 raised for Leap-for-a-Cure brain cancer fundraiser. (MICHELLE BISHOP/THE GATEWAY)

SCOTT STEWART
NEWS EDITOR

Despite extending their winless streak to nine games Saturday night, the members of the UNO hockey team have a reason to hold their heads up proud.

Even if they're now missing their hair.

The Mavericks brought their Leap for a Cure campaign to a head Saturday through a jersey auction and an unusual

fundraising promise: the team agreed to shave their heads if fans donated at least \$30,000 towards brain cancer research and education.

By the night's end, more than \$43,000 was collected, including \$8,600 from the jersey auction and \$34,653.94 in donations towards the head-shaving drive, according to the Athletic Department.

Thousands of Mavericks fans then watched and cheered as, one by one, each player and coach of the Mavs lost his hair.

Moderated by KETV anchor Brandi Petersen and Channel 94.1 personality Jeff Degan, some of the players and their loved ones joked about getting their heads shaved.

"I know it's not coming back," coach Mike Kemp said when Degan asked whether he thought his hair would ever grow back.

Before the game, Petersen and Degan hosted a pregame ceremony, where 5,000

SEE LEAP: PAGE 9

Senators debate meeting dress code, executive speaking rights

MARK REAGAN
CONTRIBUTOR

said.

Following the basketball trip discussion, the Student Senate considered three appointments: Andrew Montgomery for sophomore class senator, Thomas Kocanda for graduate college senator and Zachary Lutz-Priesert for Student Court justice.

All three appointments were approved unanimously.

Montgomery, who served as a senator last semester but lost in the student election, filled a vacancy left by Schmitz's appointment last month. Montgomery came in third out of a field of four candidates for the seat in October.

Montgomery said he wants to streamline the student organization approval process and work on student involvement. Life for the Rules Committee would be easier, he said, if the approval process for organizations was improved. He also said he was a hard worker with a "super-duper" work ethic.

SEE SENATE: PAGE 2

Internal affairs were the focus of Student Senate's second meeting of the spring semester, as senators made appointments, debated their dress code and approved executive speaking rights.

During the senate's last meeting, legislation was approved 22-2 to organize a charter bus to the Mavericks basketball game at Northwest Missouri State, but it was cancelled after too few people signed up for the trip.

Thursday's meeting began with former speaker Cassy Loseke speaking during Open Forum about Student Government's failed bus trip.

"Timing was the biggest issue," Loseke said.

The game was on a Wednesday night and many students were not prepared to travel during the school week because of classes, said Megan Schmitz, legislative and public relations officer, who was responsible for organizing the trip.

"A week wasn't sufficient," Schmitz

UNO dietitian offers tips for healthy hearts, healthy lives

CAITRIN SHIRAZI
STAFF WRITER

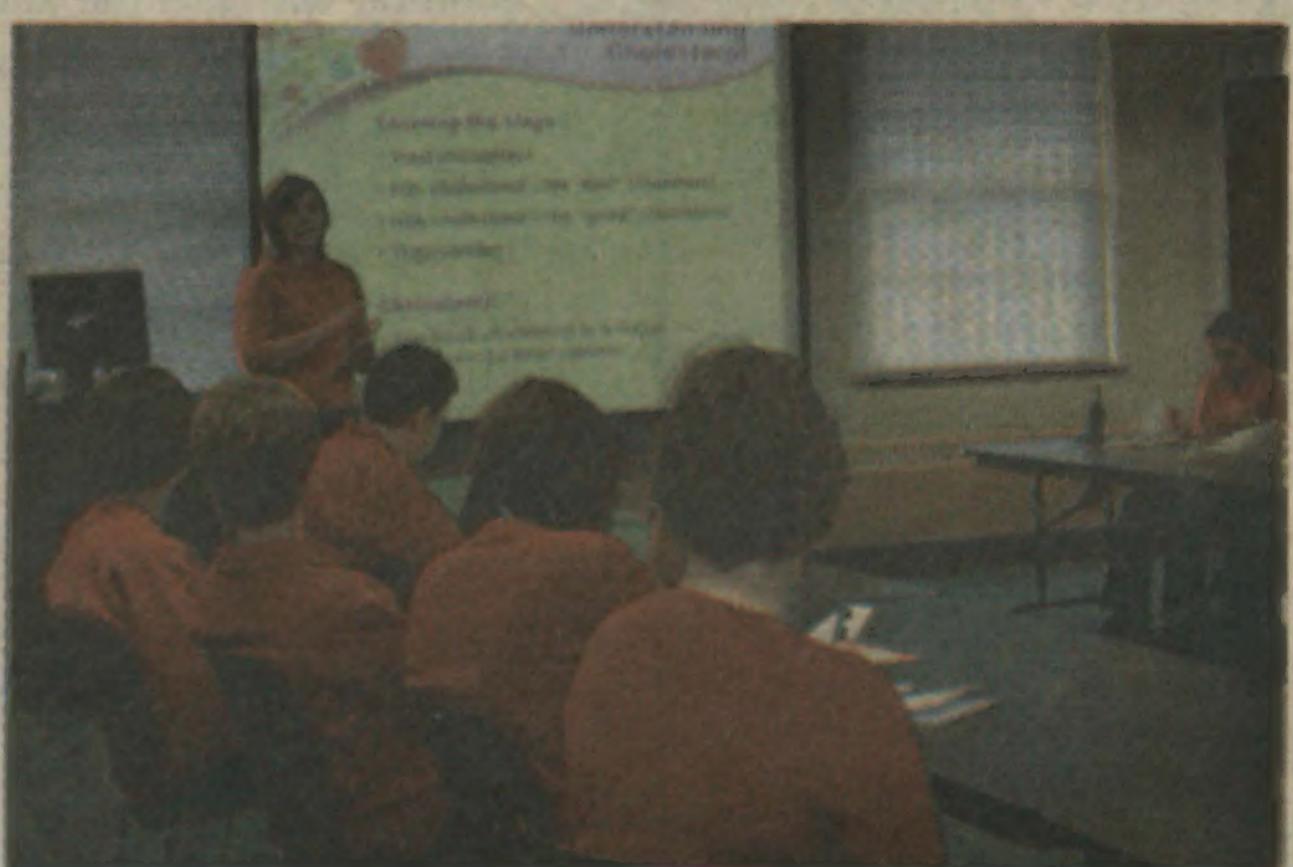
To commemorate National Wear Red Day, and in anticipation of National Nutrition Month in March, UNO Student Health Services sponsored a heart-healthy presentation Friday.

"Go Red For Women" is the American Heart Association's campaign to eliminate the No. 1 killer of women in the United States: heart disease. Student Health Services graduate student and registered dietitian Julie Denker taught members of UNO's campus tips and tricks for living a healthier lifestyle.

"I want to increase knowledge, not just about women's health, but everyone's. It's a public health issue," Denker said. "Promoting healthy lifestyles here at UNO is important in educating the community as a whole."

Denker shared the basic dos and don'ts of living fit, starting with some brief information and examples of terms used in nutrition.

Most people have heard of saturated fats



Student Health Services graduate student Julie Denker, a registered dietitian, presents informative and helpful heart-healthy facts to on-lookers, Friday. (CAITRIN SHIRAZI/THE GATEWAY)

and trans fats, but many do not know what they are or where to find them. Saturated fats are fats that are solid at room temperature like butter or the grease you get from cooking beef.

Transfats are usually hidden in products, because products containing less than one gram of transfat per serving still are allowed to claim they have zero grams on their nutrition labels.

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FROM SMOKING: PAGE 1

left. Banning smoking might undermine the viability of some of those establishments.

Jim Otto of the Nebraska Restaurant Association and Cindy Jeffrey of the Nebraska Cancer Association, however, opposed the bill in their testimony. Otto said an opt-out provision would remove the level playing field for businesses, creating situations like those seen with Omaha's partial smoking ban.

Kathy Burson of Omaha also testified against LB 611, asking the Unicameral to not implement an opt-out provision because it would fail to protect employees from second-hand smoke, which Burson said was the primary purpose of the initial

legislation.

Another proposal to amend the Nebraska Clean Indoor Air Act was made by Sen. Scott Lautenbaugh, who seeks to allow "cigar bars" to permit smoking provided they meet the requirements of his bill, LB 355.

The bill would amend the Nebraska Liquor Control Act to make the Nebraska Clean Indoor Air Act not apply to businesses that hold a Class C liquor license and annually receive at least 15 percent of their gross profits from the sale of cigars, cigarettes or other tobacco or tobacco-related products.

A public hearing for LB 355 was scheduled for Monday. As of Sunday, no action had been taken on either proposal.



State Sen. Scott Lautenbaugh speaks during previous debate in the Nebraska Legislature. (COURTESY NEBRASKA LEGISLATURE)

FROM SENATE: PAGE 1

"Give me a task, and we'll get it done, baby," Montgomery said.

The Student Senate filled one of three vacancies for the graduate college senator positions with Kocanda, who will represent the 3,000 graduate students from programs across campus.

"I want to get the notions of what the constituents would like," Kocanda said when asked about his specific goals. He said having a preconceived plan would not be a good idea.

One of the two vacancies on the Student Court was also filled Thursday with Lutz-Priefert's appointment. He said his goal was to have the Student Court should serve students just as the Student Senate should.

"He is a freshman and would be a good asset," Luke Hoffman, speaker of the Student Senate, said during Lutz-Priefert's confirmation debate.

Underclassmen are good picks for the Student Court because they will be around longer, said Matt Nelson, chief administrative officer. Appointments for the court are indefinite.

"The Student Court is going through a transition spot," Nelson said. "It is good to fill those spots with someone who can provide a stable environment for the group."

After confirming the appointments, senators continued to consider internal matters. They considered resolutions on meeting dress code and the right for executives to speak during debate.

Initially, two other resolutions were on the table Thursday, but their author, Sen. Jeffrey Johnson of the College of Information Science and Technology, motioned to send them back to committee to be reworked for a later date.

The first resolution would have permitted speakers during debate to be limited to five minutes and suggested a total limit of 15 minutes for discussion. The other resolution would have forced roll call votes to be used instead of voice votes for allocating money, impeaching a senator or when a two-thirds majority of votes is required under parliamentary rules.

Johnson was also the author of the resolution addressing whether members of the Executive Council have the right to speak during senate debate. Previous speakers have said executives did not have speaking rights under the group's rules.

The resolution proposed the senators could yield time to a member of the Executive Council, but the speaker would have the right to not permit the yield.

"There is a little ambiguity in this," Johnson said.

Senior Class Sen. Mark Patel asked how this would change how debates were already being conducted.

"It is changing to say that debate is not just left

to the student senators," Johnson said. "If allowed to yield time, the Executive Council should be able to speak."

The resolution passed overwhelmingly.

The senators' last item of business addressed appropriate senate attire. A dress code of college business casual was enacted in April 2005 under the administration of former Student Government President Elizabeth Kraemer.

The resolution, which called on senators to maintain a professional image by wearing business attire, was authored by Sens. Kyle Schulze and Maya Doghman. Schulze said there were already two resolutions on meeting attire, but no one could find either of them in Student Government's records.

"There is a year missing in the archives," Nelson said.

Senators debated the necessity of the resolution with a dress code already in place. Sophomore Class Sen. Eric Hansen asked what the purpose of the new resolution would be.

Conner Holt, a College of Business Administration senator, said the resolution addressed an important topic, though.

"I don't know if it reflects well on an organization if we're telling ourselves that we don't dress professional already," Holt said.

Junior Class Sen. Michael Crabb said senators should either take the time to be professional or

not.

"We're not our own mothers," Crabb said.

Student Government President Neal Bonacci said having a formal meeting and professional attire is important to maintaining the organization's image.

"The point of this resolution is just that people look at us as leaders," Bonacci said.

Hoffman supported the aim of the resolution, but said the standard of dress was too vague.

"It doesn't say what business attire is," Hoffman said. "It needs description."

Patel, however, said the resolution failed to address a larger problem with Student Senate's image: its accomplishments as a legislative body.

"I think how the students see us is really important," Patel said. "But a bigger part of how people see us is what we get done."

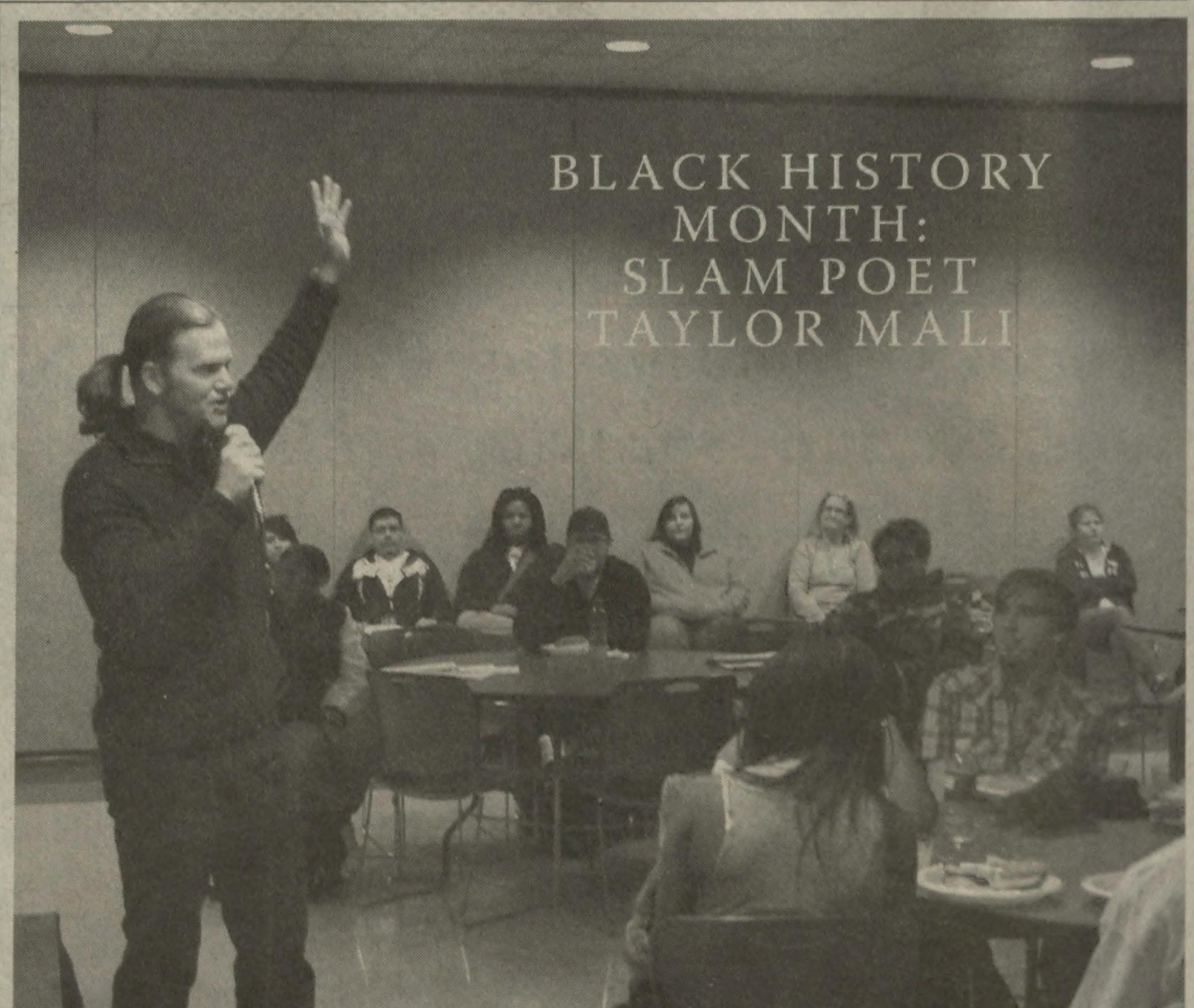
All of the business conducted by the senate Thursday was internal, Patel said.

"There was not one word about [the students] tonight," Patel said. "I think we could be doing a lot more for the students as far as resolutions go, and that's really a lot more important than how we dress."

The dress code resolution failed 11-13.

Student Senate's next meeting is scheduled for Feb. 19 at 7 p.m. in the Milo Bail Student Center Dodge Room.

BLACK HISTORY MONTH: SLAM POET TAYLOR MALI



(MIKE BELL/THE GATEWAY)

One of the most successful poetry slam strategists in the country, teacher and poet Taylor Mali, addresses a group of students Thursday in the Milo Bail Student Center Nebraska Room.

Mali has led six of his seven National Poetry Slam teams to the finals and won a record four championships.

He was also one of the original poets to appear on the HBO original series "Russell Simmons Presents Def Poetry."

The presentation was part of UNO's

celebration of Black History Month.

The next event will be Wednesday, when T. Leon Williams gives a talk titled "The State of Black Leadership" at noon in the Nebraska Room.

Event sponsors for the month include Student Organizations and Leadership Programs, Maverick Productions, the African American Organization and the Multicultural Student Agency. For more information, call 554-2711.

- Scott Stewart

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FROM GO RED: PAGE 1

"Most people will eat more than one serving of these products in a sitting, thinking it's OK, believing they don't contain trans fats," Denker said. "When in fact, consuming multiple servings will cause a person to take in quite a bit of trans fats."

A simple trick to remember when trying to find which products contain cholesterol is to determine where the product came from. Then ask yourself, "Does it have a liver?"

Cholesterol is made in the liver of living creatures, so if the product is made from an animal, it's going to have cholesterol.

Finding ways to lower your cholesterol and living a heart-healthy lifestyle can be more work than simply reading the advertisements on the front of packages in the grocery store, though.

Reading the list of ingredients on products and the nutrition facts is important. Just because the package says "whole grain," for example, doesn't mean whole grains are the main ingredient.

The product could consist of a majority of other things like sugars and fats.

When wandering through the produce section, don't skip over the brussels sprouts, either. Just a half of a cup of this vegetable will give you all 3 grams of fiber your daily diet calls for.

Beans are also great for your daily diet. They provide your body with iron, fiber, protein, starch, calcium, B vitamins and soluble fibers without the high amounts of fat and sugar that comes with other products such as milk or meat.

B vitamins, protein and iron are very important to women's diets. Other foods that contain these nutrients include nuts, seeds

and low fat dairy.

Soluble fibers are also necessary in your diet when fighting high cholesterol. The fiber particles break down in the stomach, attach to cholesterol that is building up and carry it out of the body.

While canned fruits and vegetables are convenient, they are also higher in



Custodian Linda Wemhoff takes part in a free blood pressure screening by Student Health Services on Friday. (CAITRIN SHIRAZI/THE GATEWAY)

preservatives and sodium than regular or frozen produce.

Frozen produce can also sometimes be higher in nutritional value than fresh produce.

This is because the fruits and vegetables are flash frozen at their best, suspending their high nutrient count and providing you with more vitamins and minerals when you prepare and consume them.

Fresh produce you find in stores may have been sitting on trucks and in back rooms for days, losing nutritional value before you purchase it.

Introducing soy into your diet also helps fight cholesterol and lose weight. Soy is easy to find and is now available in a vast variety of flavors and products.

Even if you've tried soy products before and weren't thrilled, try something else:

there are many more choices to enjoy and add to your daily diet.

You don't need to go to expensive specialty health food stores to find soy products, either. They are available in everyday grocery stores.

Yogurt is another great food to have in your daily diet. Three servings per day of yogurt with active cultures may lower your blood pressure and help you lose weight.

Two servings of fish a week is also recommended, with salmon and tuna being the best two choices.

Before eating anything, measure out the suggested portions of a product and compare it to your dishes to see just what a single portion looks like in them.

Most people believe they are eating less when using smaller dishes, but that small bowl or plate could still be two or more servings.

When serving dinner, keep food on the counter or in the kitchen, away from the table. Keeping the food from being readily available will reduce your family from idly taking an additional serving.

Switching from regular table salt to sea salt is also recommended.

Having a heart-healthy diet is key to living a healthier lifestyle, but it won't get

you results on its own. Exercise is also vital to losing weight and living fit.

A simple way to add some exercise to your day is to park further away from destinations and walk that extra distance. Walking burns an equivalent number of calories as doing household chores.

When adapting a healthier lifestyle, remember to do it slowly. Rapid, dramatic changes are difficult and unpleasant to live with and tend to burn out just as quickly as they are started.

If you can, get a friend to "go fit" with you, too. Having someone to exercise and talk with about your goals and plans for healthier future will provide you with support, boost your confidence and reduce the likelihood of backtracking.

Always remember to "exercise, relax and evaluate." After exercising, rest for a few minutes and evaluate how you feel: Is your routine too strenuous and you need to lighten your workout load? Or is it not working you as hard as you would like and you should add a couple more reps?

"My main purpose here is to get the word out and to promote health," Denker said. "I would like to see UNO become a healthier campus."

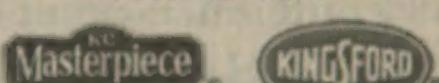
Denker and UNO Student Health Services plan to hold another free event to promote healthy living in March. The date has not been determined.

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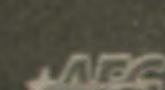
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Mavs extend winless streak to nine following tie, loss to Western Michigan

SCOTT STEWART
NEWS EDITOR

After putting up 88 shots on goal this weekend against Western Michigan, the Mavericks' offense seems to only have one weakness: putting the puck in the back of the net.

Despite outshooting Western Michigan 2-to-1, UNO only made one goal against Broncos goaltender Riley Gill in a two-game home series, losing in a shootout following a 1-1 tie Friday night and a 5-0 shutout Saturday.

"I'm disappointed in the fact that we're having so much trouble converting opportunities," Coach Mike Kemp said. "It's not for a lot of opportunities; we just can't score right now."

Saturday's shutout extended the Mavs' winless streak to nine games (0-5-4), with UNO's last win on Jan. 9 against Northern Michigan. The slide comes after the Mavs recorded the best start in program history, going 9-2-1 overall and 5-2-1-1 in Central Collegiate Hockey Association play through Nov. 21 and Nov. 22's sweep of Michigan.

As the teams prepare for a rematch in Ann Arbor, Mich., next weekend, the Mavericks stand at 13-11-7 overall and 8-9-7-3 in CCHA play. UNO stands sixth in the conference, while No. 4 Michigan is ranked third in the CCHA.

Following Michigan, the Mavs will bring their conference season to a close by hosting No. 2 Notre Dame, who holds a four conference-point lead as the top team in the CCHA.

"I am never one to feel that we are in a situation where it's dire or where things have no chance of getting better," Kemp said. "Obviously, I think things can turn around. We have players on this team who have been proven scorers for their whole lives, and at some point in time, we have got to get to the point where they start dropping again."

Friday's game started with a strong Maverick advantage as UNO put 15 pucks on goal while Western Michigan managed only to record two shots.

The Broncos started putting pucks

on net, though, and beat goaltender Jeremie Dupont on their first power-play opportunity of the night, with Western Michigan defenseman Tyler Ludwig scoring at 4:09 in the second period.

UNO fought back in the second frame, with sophomore forward Matt Ambroz picking up a rebound from freshman forward Alex Hudson to beat Gill on a power play at 12:38.

The Mavs continued to apply pressure to Western Michigan, racking up 42 shots to the Broncos' 20, but after a scoreless third period and five-minute overtime, the teams went into their second shootout against each other this season.

The Mavs got an early lead in the shootout as freshman forward John Kemp capitalized in the first round. Western Michigan's Max Campbell found net in the second round, though. The Mavs' next three shooters each missed their marks.

The Broncos picked up the extra conference point when forward Kyle O'Kane beat Dupont again for a second shootout goal. Junior defenseman Mark Bernier's shot couldn't find its way around Gill to answer O'Kane.

"I thought we played effectively defensively," Kemp said. "I thought we generated opportunities. I thought we played well in transition. I thought it was a well-played game with the exception of us being able to bury the puck when we had the opportunity."

Saturday's game was almost a mirror-image of Friday's game, with the Mavs again dominating in the first period, pounding away with 19 shots to Western Michigan's six, which doesn't even count the opportunities the Mavs had with pucks crossed in front of the net, bounces almost put on goal by UNO or plays that collapsed before the puck could be netted.

The momentum shifted in the second period, as the Broncos' right wing Patrick Galivan put an even-handed shot past goaltender Jerad Kaufmann's right shoulder while coming across in front of the net at 1:36. Bronco's forward Greg Squires put a second by Kaufmann less than a minute later on a power play,



Top: Goaltender Jeremie Dupont watches as the puck teeters on his arm as Western Michigan's Travis Paeth (No. 18) closes in during Friday's game. (MICHELLE BISHOP/THE GATEWAY)

Right: Matt Ambroz (left-to-right), Alex Hudson, Joey Martin celebrate Ambroz's goal during Friday night's game. (MICHELLE BISHOP/THE GATEWAY)

giving the Broncos a comfortable 2-0 lead over the Mavericks.

The rest of the second period was fought between the blue lines. UNO was unable to produce many shots — they were outshot seven to 11 in the second period — struggling to regain their feet.

Midway into the third period, however, UNO fell apart, as the Broncos' defender Kevin Connauton netted an unassisted power-play goal at 11:01 to put Western Michigan up three.

Bronco's forward Derek Roehl put another over Kaufmann's right shoulder at 13:43, and Campbell found net for the Broncos for the fifth time Saturday at 16:21 after the Mavs' forward Joey Martin was given a two-minute minor for elbowing to the head.

Senior forward Dan Charleston described Saturday's result as "disgusting," echoing the frustration of his teammates.

"We're just desperate. We're desperate to score," Charleston said. "Our forwards, and the so-called big players, need to step up and score goals — me included."

Kaufmann said the bottom line is unquestionably the Mavs' inability to produce goals.

"Words can't explain how upset I am right now," Kaufmann said. "I don't know what to think right now. This is, being a senior, our last go-around, and this is not how I want to go out at all, and I know the rest of the guys don't. But we need to figure it out, and we need to figure it out quick."

Maverick wrestlers end regular season 10-0 in duals, prepare next for MIAA duals

MARCUS HANSEN
SPORTS EDITOR

The UNO wrestling team ended its regular season undefeated Friday with back-to-back wins against Augustana College and Minnesota State, Mankato.

Thursday night, the Mavs defeated No. 13 Augustana 28-9 at the Elmen Center in Sioux Falls, S.D. Sophomore Matt Rein who opened up the last two matches with losses, turned it up with a win over Augustana's Alex Meger at 125 pounds to start the night off strong.

Rein was behind early in the match but recorded an escape, a takedown and a near fall in the third period to pull away with the victory.

The Mavs won eight of 10 matches; highlights of the night included a pin by senior Todd Meneely and a major decision by sophomore Mario Morgan.

Morgan's win came against Jay Sherer, a three-time Nebraska Class A state champion, with a score of 15-6.

The Vikings scored their first points of the dual at 149 pounds when Augustana's

Mike Long upset redshirt freshman Esai Dominguez in a last second takedown, winning the match 6-5.

UNO won five of the remaining six matches, including Meneely's pin on Augustana's Kyle Svendsen giving UNO a 16-3 advantage. Meneely recorded 11 takedowns and pinned Svendsen early in the second period.

With UNO's junior Jacob Marrs' knee surgery following the Kearney match on Tuesday, the Mavs had to forfeit the 197-pound match.

Senior Tony Lewis put the finishing touches on the Vikings, scoring a 4-3 decision. Lewis, ranked No. 3 at 285 pounds, scored a three-point near fall in the third period to win the match.

"I didn't want to take a redshirt off any of our players this late in the season so I decided to forfeit the match," Coach Mike Denney said.

The Mavs' next match, against Minnesota State, was the final chapter of the regular season with a 17-15 win Friday night at the Taylor Center in Mankato, Minn.

"We had a lot of momentum going into Minnesota but we were worried because up until that point, we had defeated the No. 2, 4 and 5 schools in duals plus the No. 1 division 3 school," Denney said.

The match started with Mankato's No. 8 Andy Forstner scoring a 7-6 decision against Rein. Two-time National Champion Cody Garcia rebounded for UNO defeating Mankato senior Tim Haneberg with a major decision, at 133 pounds.

With the Mavs ahead 4-3, MSU answered back and won the next two bouts at 141 and 149, giving Mankato a 9-4 lead. John Pulman, the fourth-ranked wrestler at 141 pounds, upset the UNO's No. 2 Morgan.

Mankato's No. 2 Tommy Abbott followed through, securing an 8-5 decision against Dominguez. Not accustomed to being down, the undefeated Mavs showed their heart by winning four of the next five matches.

Meneely won 24-13 over Mankato's No. 7 Travis Elg. Meneely is now 19-0 with a career mark of 77-5.

"At this point, the only way to win the dual was to do something I have never done in my 40 years plus coaching wrestling," Denney said.

Instead of forfeiting a match, as UNO did with Augustana, Denney moved three wrestlers up in weight class. Sophomore Ryan Pankoke was moved up to 174, senior Ross Taplin to 184 and senior Brent Pankoke to 187, which gave UNO the lead heading into the final match.

MSU's No. 2 Brady Wilson was ready to take on UNO senior Tony Lewis. Lewis, who defeated Wilson last year, knew Wilson had to him for the Mavs to lose the dual. "Tony wrestled very conservative, he lost his match by wrestling that way, but he wanted the team to win the dual more than him wanting to beat Wilson," Denney said.

The Mav wrestlers will be in the weight room for the next week since they are not back in action until Feb. 15, which will be the Mid-America Intercollegiate Athletics Association duals in Warrensburg, Mo., against Fort Hays State, Truman State and Central Missouri.

LOVE & VALENTINE'S DAY, MAVERICK STYLE

This Valentine's Day, it's not a caped crusader, it's "The Fox"

by Kirby Kaufman

The woman shuffled towards her desk to grab her belongings, about to leave her long day of work at UNO Food Services. She rubbed her pruned fingers together from washing dishes, letting out an exhausted sigh. But, waiting on her desk was a single rose. The woman held the fragile rose to sniff its fragrance, and to her surprise, a card dropped from the tissue paper. The name on the card? "The Fox."

This has been an ongoing tradition on Valentine's Day for the employees of UNO Food Services. For the past 26 years, "The Fox" has been leaving roses for nearly two dozen female employees within the department.

George Camper said that the tradition started as a joke, but he liked it so much he decided to continue. Camper washes dishes with food services, and also delivers food to child-care services at the Peter Kiewit Institute. But, every Feb. 14, he's more commonly known as "The Fox."

Years passed as the tradition became more known inside the walls of the cafeteria area in the Milo Bail Student Center. People wondered who this mysterious admirer was. When clues led UNO workers to Camper, he would simply respond, "It's not me. It's my friend who flies around and who comes into town."

Food Service Supervisor Tanya Hanson has worked with Camper for 22 years and has taken to heart the flowers she received every year.

"It's really sweet and it made us all feel special," Hanson said. "He would do it mysteriously."

Camper would put money aside and go to a local florist to purchase his yearly floral array. When the cashier asked what name he wanted on the cards, Camper told the person he would like "The Fox" to be displayed. As the tradition continued, Camper no longer visited the shop in person to order his flowers. He would just call them saying he is "The Fox" and he needed his flowers.

Just recently, however, Camper lost part of his right foot due to diabetes, a disease he was diagnosed with almost two decades ago. The 62-year-old man wasn't feeling well at the start of the spring semester. Upon a visit to his physician, he learned that all his toes would have to be amputated. Camper had surgery on Jan. 9 in which two toes were removed and a second surgery on Jan. 12 that removed the remaining three toes.

Although Camper's absence has left many women of UNO Food Services concerned about his health, they returned the long tradition by purchasing flowers for him and wishing him a speedy recovery.

While Camper has no plans on halting his rose custom this year, he's come to realize how this gesture brightens his coworkers' spirits.

"It makes my day to know that they're happy on Valentine's Day," Camper said.

While "The Fox" is hibernating this season, he still wishes all the women of food services and the rest of campus a happy Valentine's Day.

"I've seen the smile on their faces; their joy," Camper said. "You know, it's enjoying to watch them come to me and say thank you."

To that, Camper would cleverly respond, "Thank you for what? It wasn't me."

Entertainment Editor Andrea Barbe contributed to this report.



GATEWAY STAFF SOUNDS OFF ON YEAR'S MOST

Romantic DAY

Judy Rydberg

VALENTINE'S DAY NEEDS TO BE SEPARATE FOR SUCCESS

Forget the traditional Valentine's Day reds: red roses, red heart-shaped chocolate boxes, red lipstick or red lingerie.

The truth is that Feb. 14 is all about black and white. People either love Valentine's Day, or they hate it. It's a black and white issue with no gray areas or middle grounds.

Those who hate V-Day give a variety of reasons.

Couples worry about spending money and time making elaborate plans to please their partner. They feel pressure to keep up with ever-increasing gift standards set by Hallmark in advertising campaigns that seem more like conspiracies.

On the other hand, singles may not like the thought of a holiday designed

especially for someone other than them. Perhaps some single people feel left out when co-workers and friends are bombarded with overdone gifts.

But for every individual who hates Valentine's Day, we can also find someone who loves it. It's a chance for couples to profess their love (or lust) and enjoy each other's company over an expensive dinner or evening in front of the fireplace.

It's also an excuse for singles to have a night on the town devouring champagne and chocolate, while belting out bad karaoke tunes like "Love Stinks."

Whether you love or hate V-Day, a sure-fire way to ruin it for yourself or others is to integrate singles and couples. I know firsthand.

In 2002, I had just met my now-husband, Dannie. He spent a lot of time planning our first Valentine's Day together. He bought a teddy bear with a big red bow around its neck, roses and other V-day standards. Then, he took the warm fuzzy feeling a step further by

buying a garden fountain and putting it in his living room so we could relax as the water trickled down the pebbles. It was the perfect quiet night together.

There was just one problem. Dannie's friend, Shaun, showed up uninvited 10 minutes after I did and then lurked around the whole night.

Dannie and I were in that new stage in our relationship where we wanted to make good impressions on each other. So, we tried to stay polite as Shaun whined about how he'll "never get a girlfriend."

Neither of us wanted him there, but neither of us had the heart to ask him to leave.

Please, for your own sake and for the sake of others, don't be a "Shaun."

The only way to enjoy Valentine's Day is embrace a different type of segregation. Singles need to stay with other singles and couples should seek privacy.

A segregated V-day will make both singles and couples much happier.

Jesse Kuhnle
CANDY, FRIENDS MAKE DAY

WORTH CELEBRATING

I think Valentine's Day gets a bad rap. Every year, people use the pink and red-hearted holiday as an excuse to wallow in their own self-pity. You hear Valentine's Day callously referred to as "Singles Awareness Day," as if couples everywhere have conspired against single people in an effort to point out their shortcomings as human beings.

Of course, Valentine's Day is an over-commercialized, Hallmark-driven holiday that celebrates a sore spot for many people: love. But, is that a bad thing?

Sure, Valentine's Day is clichéd and full of sap and obligatory gift buying, but most holidays are. In spite of this, there are a number of positive things about the Hallmark holiday, for couples and singles alike.

1. It's an excuse to buy candy. Good candy. Sweetheart hearts might be one of the best candies ever and they are only available on VD. Also, boxes of chocolate.

2. It's the only day of the year where someone can send a giant, stuffed bear and flowers to a person's house and only be considered "a little creepy" as opposed to "dangerously creepy".

3. If you are single and slightly depressed, remember there are lots of other slightly depressed single people looking for love. If you put yourself in the right situation, you might be part of a Valentine's Day love miracle.

4. If you are in a relationship and you partake in some of the more commercialized aspects of the holiday (flowers, candy, fancy dinners, etc.), you are almost guaranteed a "special present" from your significant other.

5. Parties. With VD being on a Saturday this year, it's a built-in reason to have a party. Cut loose and enjoy the evening. Who knows? You might only be single at the start of the night.

6. Candy. This is such an important aspect of the day, I feel it needs to be mentioned twice.

7. If there is a girl or guy out there you like, that you might want to date, you can tell them. And, you can tell them in a lot of different ways (refer to No. 2). VD gives you an "in." You can have the confidence to feel free to make a move. If fear of rejection is your main reason for your loneliness, drape yourself in the cape of VD.

There you have it. The most positive things I can come up with about St. Valentine's Day; the one day a year where everyone is supposed to share their "feelings" with each other. So, load up on Sweetheart hearts and cases of Pabst Blue Ribbon (if you're of age), and enjoy the day.

Mike Bell

THE CYNICAL TAKE ON THE ROMANTIC DAY

The choices we make on V-Day...

I don't mind a day dedicated to love. I think the idea of spending an entire day showing the love in your life how much they mean to you is great. The people who rant about how it should be banned because it makes single people miserable are just feeling left out, like back in grade school when the teacher would divide the class up into groups.

It's not easy being alone with Valentine's Day being another occasion where couples get to kick sand in the eyes of the single people out there. But, none of that bothers me. The way we show our affection for each other does.

When I walk into Wal-Mart and see the front rows, they are usually stocked with Pop-Tarts. Now they're overrun with about five different kinds of teddy bears and limp, discount flowers. I wonder if this is what we're really about when it comes to showing our love.

"Here honey, I got you the same damn bear about 40,000 other guys got their girlfriends. Here are some flowers that will die in a couple of days. See you after work."

Come on, people. You tell me when

you look at him or her, and then look at that stuffed bear lovingly crafted by a 12-year-old Taiwanese child with blistered hands, you think, "yeah, this definitely conveys the enormity of his or her impact in my life."

I'm not saying you need to take her out to the fanciest restaurant in Nebraska (put your shoes on baby, we're going drive-thru) or write her a sappy poem (it might work if you're an English major, though). Instead of the boxes of chocolate and a vanilla-scented gift card, you go out of your way to do something a little more special. Give them something that both guys and girls love universally.

I took into account that some of you probably have very busy schedules and that you might only get to see your loved one maybe a few hours a day, even a week. That doesn't leave much time for a picnic, a bottle of wine, lighting the living room on fire with 100 scented candles or my favorite, the bathtub full of rose petals (dang, that takes forever to clean up!). We decided to watch pro wrestling instead. The perfect gift is easy, simple and beautiful.

And, well, nothing quite says "I love you" like oral.

Ryan Welch

COMMITMENT CAN MAKE OR BREAK THE DAY

The debate will never end. Is Valentine's Day a romantic occasion or a commercial manipulation of people? Whatever side you choose, it is hard to argue that the holiday hasn't become predictable. Flowers, candy, cards. Wash, rinse, repeat.

Of all the days that are celebrated, Valentine's Day is the only holiday that takes the abstract emotion of love and attempts to place a material value on it. A person who buys someone jewelry is more committed to the relationship than a person who buys someone candy. At least that's what stores across the country are hoping the consumer perceives. Everywhere you go, there are advertisements claiming that "if you love them, buy them this." Well, let's look at a couple of staple items that vendors pawn off as symbols of love.

Chocolate is a big seller during Valentine's Day, but what's the message you are conveying to your partner?

"Dear, I want us to be together always, so here is a box of caramels to increase your bad cholesterol and blood sugar."

Why not just hand them a package of bacon and a carton of Kools?

Then, there are Valentine's Day cards. Having some schmuck in an office composing your emotions for you is pathetic. It's a tremendous accomplishment that our species has evolved to communicate via the written word and to be able to grasp concepts like love. It's also a horrible atrocity to have all of it distilled by Hallmark for our convenience.

Still, it isn't the act of gift giving that I am opposed to. What I dislike

is that we have mandated a day that we are required to show our affections toward one another. It's absurd.

Shouldn't we, as adults, understand our partner's need for affection every day and not just one day out of the year? The answer is yes, but we still make selfish excuses for neglecting our partners.

In the end, the day itself means nothing unless both parties are committed to one another.

An example happened to me one year. My ex and I were attempting to reconcile. We did the dinner thing and returned to what was once my apartment. She handed me an envelope that contained photographs of her posing in white lingerie.

Now, I would say that nine times out of 10 when a woman gives you

Andrea Ciurej

STUDENT WISES UP AFTER VALENTINE'S DAY CELEBRATION

Opening a box of Necco Sweetheart candies made me realize the overload of "Eat Me," "Take a Walk," "Wise Up" and "Let's Read" messages I stuffed my stomach with three years ago.

My boyfriend of eleven months broke up with me a week after Valentine's Day for a short, petite Brunette with olive-colored skin and a slight hunch.

Regardless, he still expressed his feelings for me using three dreaded words: "I love you." That made for a meaningless Valentine's Day, a day to celebrate relationships and loved ones. There wasn't anything to celebrate.

I invested my time and emotions into the relationship by paying for three-fourths of our dates, inviting him to my family's annual Adventureland getaway and letting him get his way always.

I received a few gifts, but more memorandums to improve my appearance.

"Why don't you wear makeup? That's what real girls do."

"Have you considered tanning? Your pasty-white skin blinds my eyes."

"Have you been using the treadmill three times a week? Your body would be so much 'hotter.' And so on."

He even brought a pair of fingernail clippers to a 13-minute advisory period in high school to trim my nails since I rigorously chew them.

I thought I was in love with a hypocritical know-it-all. Or

maybe I was just in love with the thought of another guy loving me, other than my dad. Never again, though.

I vowed to be myself, not change for anyone. In doing so, I neglected the concept of boyfriends. I didn't think about guys, I wouldn't even look at them.

Instead, I concentrated on my studies. I had a C+ that I needed to get rid of from my semester progress report, thanks to pressure derived from the relationship and a week's worth of tears. I concentrated on rekindling friendships. And I concentrated on myself.

Five months later, my moral makeover attracted an unlikely fellow from the so-called popular crowd: the ex-boyfriend of my ex-boyfriend's ex-girlfriend — aka — a gorgeous 6-foot-1 first baseman that's a family-oriented, over-excessive sports critic with an appetite for success and a heart of gold.

Our schmaltzy gestures, simplified mementos and humorous paraphrases of "I love you" have kept our three-year relationship adrift from breakups while still being full of celebration.

That's what I love the most about Valentine's Day, which reminds me that I've been hitting a lot of "Home Run," "Cloud Nine" and "I Love You" messages when digging into my candy-heart boxes lately.

Maybe there will be more to celebrate in the future.

such a gift, it's because she feels a strong sense of comfort and attraction towards you. I was wrong. She had been seeing someone else that she met on Christmas vacation and he was down two days before Valentine's Day. Three days later, she flew back to be with him.

What did I learn? I'd be lying to you if I said when the next Valentine's Day rolled around, this memory didn't hurt. It did until I realized the holiday had nothing to do with it. She could have given me those pictures on Flag Day and the gift would have seemed special.

It being Valentine's Day didn't matter. Just like it doesn't matter if you buy your lover flowers on Feb. 27, take them out for dinner on Nov. 12 or propose on May 18.

Don't let VD stand for venereal disease this Valentine's Day

TOM McCUALEY
CONTRIBUTOR

Sexually transmitted disease rates in Douglas County are nearly twice the national average. In particular, chlamydia rates have skyrocketed in recent years, and gonorrhea rates are still on the rise after a substantial dip between the years 2003 and 2004, according to the Douglas County Health Department's Web site.

With chlamydia and gonorrhea diagnoses being the highest among 15- to 24-year-olds, accounting for roughly 65 percent of the 4,220 STD cases in 2007, students need to take extra measures to be disease-free.

While there's so much information available about the dangers of unsafe sex, Douglas County's abnormal STD profile has community health professionals baffled. Aside from the obvious factor of unprotected sex, rising STD rates may be due to an incorrect view of the Midwest as being inherently safer than places like Los Angeles and New York, said Marcia Adler, director of UNO Student Health Services.

"People think of the Midwest as this quiet, safe place," Adler said. "Really, we're like a keg ready to go off."

Adler teaches a class called Health Concepts of Sexual Development. She recently conducted an anonymous poll of her students about their views on sexual behavior. Only 32 out of 120 people polled said they believed oral sex counted as sex.

"These are smart people who are taking a class about healthy sexuality," Adler said. "So somewhere, something must not be registering."

Gender Studies senior Lori Young of the Women's Resource Center said she frequently encounters this naive perception of oral sex.

"I am asked quite often why condoms

should be worn during oral sex," Young said. "For this, I offer four words of warning: gonorrhea of the mouth."

But, for those looking to be tested, help is right around the corner. UNO Health Services, located in the Milo Bail Student Center, provides free STD testing for all students. The STD test takes about five minutes. The student fills out a couple of forms, provides a urine sample and receives a care package of condoms, lubricant and information about how to use the condoms. After taking the test, the student is usually notified within 72 hours, either by phone or mail, depending on what the student prefers.

In addition to free STD testing, Student Health Services also offers condoms for 25 cents each. Originally, condoms could be obtained at no charge from Student Health Services, Adler said. A decade ago, someone complained in a letter to the governor that free condoms contributed to student delinquency. Since then, condoms offered by Student Health Services have been funded by student fees, but instead, by a private donation that doesn't cover the full cost of the condoms.

After that incident, Adler set the price of the condoms at 25 cents each "for political reasons" and said they will remain at that price. However, free condoms can still be obtained at the Women's Resource Center in the Student Center, as well as the Maverick Village and University Village clubhouses.

Young believes free or cheap condoms are a necessity for everyone, particularly economically disadvantaged students.

"On more than one occasion, I've had women who come in [to the Women's Resource Center] and tell me, 'I can't

to avoid sexually transmitted diseases is abstinence. Lauded by Planned Parenthood as 100 percent effective in avoiding disease and pregnancy, some students may feel that abstinence can be difficult to maintain for long periods of time. While some campus ministries stress abstinence, others recognize the realities of students' sexual behavior and advocate both abstinence and safer sex.

"Healthy sexuality is about mutuality," said Deborah McKnight, pastor of First United Methodist church and campus minister for Fusion, an international movement that preaches social justice and humanitarianism. "Sex that is based on an ethic of mutuality does not want people to contract STDs. That's not good for anyone."

Though abstinence is the only form of birth control that is 100 percent effective, contraceptives, when used correctly, present a similar safety profile. For instance, according to the Ortho-McNeil Pharmaceutical, Inc. and the National Association of Nurse Practitioners in Women's Health, condoms are 98 percent effective when used as directed.

Adler said that "almost 99 percent of the time" contraceptive failure is due to human error: someone either forgetting or not wanting to follow the instructions properly.

McKnight agreed, adding that condoms are particularly important in relationships that aren't exclusive and that partners need to be safe.

"Be mindful of the dangers that are out there and be tested," McKnight said.



(MICHELLE BISHOP/THE GATEWAY)

afford birth control, and my boyfriend's going to have sex with me anyway. Can I have a free condom?" Young said. From there, Young offers the free condoms and a brochure on healthy relationships.

Another option for students wishing

Contraceptives Available to You

COMPILED BY
TOM McCUALEY

Combined oral contraceptives

Who: For women of child-bearing age.

What: A combination of estrogen and progestin to inhibit fertility.

Where: Planned Parenthood, pharmacies. A full evaluation plus subscription for birth-control costs \$75 at Student Health Services.

When: Taken daily.

Why: The effects of contraceptives are rapidly reversible, and there can be other non-contraceptive benefits of oral contraceptives, such as lighter periods and improved skin.

Plan B

Who: For women who have experienced unprotected sex, condom failure, forgotten to take their birth control or have been raped.

What: Sometimes called the "morning-after pill," Plan B can

be started up to five days after sexual intercourse. It consists of .75 milligrams of levonorgestrel.

Where: Planned Parenthood for \$44.93 after tax at Walgreens.

When: From one to five days after unprotected sexual intercourse.

Why: The only contraceptive that can stop pregnancy when taken after intercourse.

Female condom

Who: Women who wish to relieve their partners of the contraceptive burden.

What: A long, polyurethane barrier that is inserted into the vagina or anus.

Where: Planned Parenthood, drugstores, online for \$3.60 each.

When: During intercourse.

Why: Almost as effective as a condom in preventing pregnancy and sexually transmitted diseases.

Condom

Who: Men who engage in sexual

intercourse.

What: Latex or a plastic sheath that covers the penis.

Where: For 25 cents at Student Health Services, free at the Women's Resource Center and the Maverick and University Village clubhouses. It costs \$9.99 for a 12 pack at most drug and grocery stores.

When: During intercourse.

Why: Easy to use, 98 percent effective in preventing pregnancy and sexually transmitted diseases.

Vasectomy

Who: Men who no longer wish to have children.

What: A minor surgical procedure that blocks the vas deferens from transmitting sperm to seminal fluid.

Where: A urology clinic, hospital or doctor's office for \$350-\$1000.

When: Once, though very rarely, tubes may grow back together again and allow sperm to pass through.

Why: Permanently prevents a man from impregnating a woman.

Spray-on Condom

Who: Men who engage in sexual intercourse.

What: The man inserts his penis into a canister that coats the phallus with latex.

Where: Though not yet available in the United States, the spray-on condom is being test-marketed in Germany.

When: During intercourse.

Why: Custom fit, potentially safer than a standard condom.

Dental Dams

Who: Those engaging in oral-genital or oral-anal sex.

What: A rectangular sheet of latex held over the vagina or anus during cunnilingus or anilingus.

Where: Available in bulk at medical supply stores online, and individually at Student Health Services.

When: During cunnilingus or anilingus.

Why: Helps prevent sexually transmitted diseases and pathogenic infection.

Mavs pull off upset over ranked Hornets

MICHELLE BISHOP
PHOTO EDITOR

The women's basketball team picked up 23 points from junior Alyssa Green and 16 second-half points from senior Cayla Hargrove to knock off fourth-ranked Emporia State University 78-72 Saturday afternoon at the Sapp Fieldhouse.

Green scored 10 of UNO's first 12 points as the Mavs jumped out to an early 14-7 lead. Emporia (19-3, 13-2 Mid-America Intercollegiate Athletics Association) responded with a 14-2 run to grab a 21-16 lead with 11:30 remaining in the first as freshman Brittney Miller scored 10 straight points during the run.

UNO battled back as Green sunk a 3-pointer with 1:29 to go in the half, cutting Emporia's lead to 37-35.

The Hornets' lead reached eight points three times in the second half — the last time at 57-49 with 12:04 remaining. The Mavs countered with a 15-4 run shooting ahead 64-61 with less than five minutes remaining.

Hargrove helped secure the win by scoring UNO's final 12 points, including going five of eight from the charity stripe in the final 41 seconds.

Hargrove finished with 18 points, while senior Amanda Brodsack added 10 points and nine rebounds, a team-high.

Junior Cassandra Boston led the Hornets with 22 points, while senior Ida



Alyssa Green charges past an Emporia State player during Saturday's game. (JODI PENN/THE GATEWAY)

Edwards scored 16. Miller chipped in 11 for Emporia State.

UNO improved to 10-10 overall and 6-8 in the MIAA, and is ranked sixth in the MIAA. The top eight teams qualify for the MIAA tournament held March 5 in Kansas City, Mo.

Six league games remain on UNO's schedule.

UNO hosts Missouri Western (4-17, 4-11 MIAA) Wednesday at 5:30 p.m.

FROM LEAP: PAGE 1

penlights donated by the Nebraska Methodist Hospital Foundation were used to show how cancer impacts the lives of nearly everyone directly or indirectly through loved ones.

During the game, Petersen and Degan also hosted brief spots three times in each period where they asked Maverick trivia questions and encouraged people to take part in the fundraising campaign.

All of the money raised by the campaign

will support the Estabrook Cancer Center in Omaha. More information about Leap for a Cure and the Methodist Hospital Foundation can be found online at leapforacure.org.

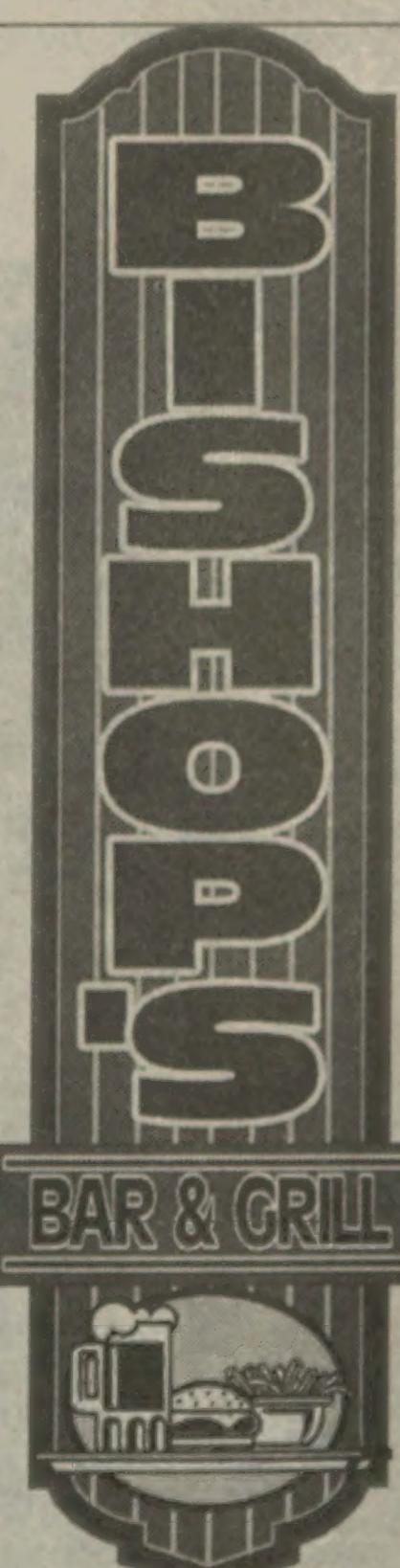
"I'm proud of our guys for all of us coming together for this Leap for a Cure," UNO goaltender Jerad Kaufmann said after the game. "It shows a lot about our team; it shows the kind of character we all have. But then for the community to surround that and raise all that money is awesome."



Top: The UNO hockey team gathers after the game with freshly-shaven heads. (MICHELLE BISHOP/THE GATEWAY)



Below: Head coach Mike Kemp gets his head shaved by Dawn Von Bokern after Saturday night's game. (MICHELLE BISHOP/THE GATEWAY)



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FRIDAY

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Men's basketball stung by Hornets in late loss



MICHELLE BISHOP
PHOTO EDITOR

The men's basketball team let an 11-point lead slip away as Emporia State rallied for a 91-85 win Saturday afternoon at the Sapp Fieldhouse.

Emporia State (15-7, 9-6 Mid-America Intercollegiate Athletics Association) jumped to an early 19-8 lead after hitting five 3-pointers. Junior Tim Niles continued the Hornets' hot shooting as he hit back-to-back 3 pointers to give the Hornets a 25-13 lead midway through the first. The Hornets hit seven of their first eight 3-point attempts.

UNO responded with a 23-6 run to take a five-point lead at the 4:43 mark of the half and glided into halftime with a 41-37 lead.

Cold shooting hurt the Mavs early in the second, as UNO failed to earn a point on its first seven possessions.

The Mavs eventually snapped out of their drought and built



Top: Michael Jenkins drives around the block of an Emporia State player during Saturday's game. (JODI PENN/THE GATEWAY)

Left: Andrew Bridger looks to pass while being guarded by Emporia State's Robert Moores during Saturday's game. (JODI PENN/THE GATEWAY)

an 11-point lead four times in the second half, the last with 8:58 remaining.

The Hornets gained momentum after junior Robert Moores, who had 15 second-half points, hit a 3-pointer to ignite a 14-2 run.

The teams traded leads six times, including three ties in the final 5:34 of the game.

Emporia grabbed the lead for good with 2:32 to play after Moores hit a 3-pointer to make it 83-80. UNO missed eight of nine 3-point attempts with less than three minutes on the clock.

The Hornets hit six of eight free throws in the final 1:50 to escape with the win.

The Mavs are now 14-7 and 8-6 in the MIAA.

Sophomore Mitch Albers finished with 23 points for the Mavs while junior Dion Curry added 10.

Junior Lamar Wilbern led the Hornets with 20 while Moores added 19.

The Mavericks host Missouri Western (10-12, 7-7 MIAA) at 7:30 p.m. Wednesday.

Indoor track and field team stays on winning pace

SEAN OWENS
STAFF WRITER

The UNO track and field team prevailed last weekend, as the Mavericks competed in the Frank Sevigne Husker Invitational in Lincoln and the Bill Hillenbrand Invite in Vermillion, S.D.

In the Lincoln meet, senior sprinter Pinar Saka once again put a record-breaking performance forth in the 400-meter event. Saka broke her previous best time of 53.36 seconds set just three weeks ago with a blazing time of 53.04. Her record-setting time is the best in D-II and is almost a full three seconds faster than the automatic NCAA D-II qualifying time of 56.00.

The Mavericks also took a third-place finish in the 4x400 meter relay event. Despite a mishap at the start, involving several teams, the Mavericks, headed by Saka, sophomore sprinter Anja Puc, sophomore sprinter Kayla Koepke and junior Shannon Moore, a multi-event runner, still managed a respectable finishing time of 3:48.60. Moore also competed in the pentathlon and finished in fourth place with 3,585 points.

Moving to the north, the Vermillion Invite also produced some solid results for UNO, as another first place mark was set.

The invite proved special for sophomore mid-distance runner Jolene Smith, as she ran away with a first-place finishing time of 1:40.18 in the 600-meter event. In the field events, senior Ashley Yates jumped a season best 17 feet, 11 inches, which earned sixth place. Sophomore Rasheema Pitt took fourth place in the triple jump with a mark of 37 feet, 5 inches.

Junior thrower Heather Minssen took fifth place in the shotput with a distance of 42 feet, 10 and three-fourths inches – just shy of her season best.

The Mavericks quest for the Nationals will continue in Wayne, Neb., on Saturday when they participate in the Wildcat Open, hosted by Wayne State.

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Money, love and fistfights: Reality TV

EDITOR'S NOTE: This column is part one of a three-part series by Gateway contributor Kristin Hawthorne, discussing reality TV and its influence.

Look for part two, "Voted off the Island: What Now?" in the Feb. 17 issue of The Gateway.

Where else but reality television can you see people spit fight or trade racially stereotypical slurs in careless anger? This and more can be watched and enjoyed on numerous networks since most now feature a variety of reality TV shows.

Forget the common dramas like "Desperate Housewives" and "Grey's Anatomy," vehement discussions about shows like "Flavor of Love," "The Real World" and "Bad Girls Club" have consumed the conversations of TV viewers ages 18 to 49.

Those who despise reality TV, considering its purpose and the outrageous actions of cast members to be a waste of airtime, might not realize its appeal.

Low production costs are one of the major reasons new shows of this type are constantly being created with each passing season, writes Mark Orbe in his article titled "Representations of Race in Reality TV: Watch and Discuss."

Through auditions, unpaid cast members are chosen to live sometimes scripted lives on-camera to entertain millions of Americans.

The costs of recording popular TV shows can at times be the reason for cancellation. Reality TV shows, which are free of unionized, pay-quoting actors, is probably the most cost effective form of television entertainment today. Paying those who produce and edit the final footage aired is one of the very few production expenses involved.

However, what is ultimately transmitted to our television might not be the play-by-play of what actually happened during recording. Whether you choose to allow



Kristin Hawthorne

yourself to become an addicted reality fan or not, there are elements of the genre that you should know.

Some reality stars are coached or directed through their fictional TV lives. At other times, scripts are written for cast members to follow in order to make the show more interesting to viewers.

Especially in competition shows, such as "I Love Money," the challenges, which they use to determine who will be sent home, are planned beforehand. These challenges are created to ensure producers the best chance of capturing action or disaster on film.

Once enough drama is captured, a creative editor goes to work on a month or more of footage. Cutting the useless footage, keeping the juiciest parts to maximize the intensity of their final product and increase viewers — and ratings — is the only goal. Because of this, fistfights and topics such as race and sexual orientation make the final cut.

Editing reality show footage into a marketable product that viewers will faithfully watch each week is a craft that pays well. An upgraded kind of documentary, reality shows are pumped with what Sydne White describes in his article, "Documentary by Design," as "interpersonal conflict and testy atmosphere."

The premise of such programs is to show the real complexities of humans in intense situations. Editing shows to portray people in a way that will profit most is wrong, but profitable.

Some reality show editors have even requested to be included in the Writers Guild of America, Orbe wrote. This request is rightfully founded since they are the creators of these illusionary storylines that many accept as real-life experiences.

With all this considered, the term "reality TV" is really a misnomer. No matter how much I love connecting with certain cast members and discussing the latest episodes, learning all of this lessened my level of enjoyment for any "reality" related show.

over what absurd analog was comparable in size to my — well, you can guess what was being discussed.

But, there was more to JuicyCampus than salacious comments, personal attacks and Greek bashing. There were also legitimate questions about the First Amendment and the appropriate use of anonymity online.

The Web site was banned on several college campuses, including Tennessee State University, a public institution, which raised questions of censorship. There was also talk nationally of JuicyCampus' liability for libel.

"JuicyCampus has raised issues that have passionate advocates on both sides, and I hope that dialogue will continue," founder Matt Ivester wrote on the Web site's blog announcing the closing. I wholeheartedly join Ivester in hoping such discussions will persist.

JuicyCampus raises valid concerns, but won't really be missed by many

The college rumor Web site JuicyCampus.com closed its virtual bathroom stalls Thursday, ending a year-long experiment that tested the boundaries of First-Amendment freedom and the decency (or lack thereof) of college students across the country.

At UNO, the site's presence was relatively muted. Our campus was given a thread in September, but only a handful of people bothered to check it out.

The posts that were made matched what was seen nationally: Greeks bashing other Greeks, threads on whether particular girls were sluts and a memorial post calling for the formation of a UNO Sex Club.

One of the more popular threads was devoted to attacking yours truly. It included speculation on the number of girls I've knocked up, discussions of the sexual preference of my friends and arguments

Building the education super highway

ERIK PETERSON
& TOM McCUALEY

Many students see the rise of technology-based learning as convenient for their on-the-go lifestyle. Electronic Reserves, Blackboard, Lotus Notes and online courses all present opportunities for a more accessible learning environment, one that accommodates a broader range of student schedules.

Those unable to adhere to the time commitments of a traditional university atmosphere — because of full-time jobs, children, community involvement, etc. — are now liberated to pursue an education on their own terms.

The availability of information via the Internet will also prove beneficial to the university, which can acquire rare books and journals using the interlibrary loan, scan them and have them available to UNO for fractions of the cost of purchasing and shipping multiple copies.

Despite the efficiency of such a system, some students are still burdened with the per-page fee required for printing. Compared to the cost of purchasing the book, however, the money saved is significant. The Criss Library charges 5 cents per page, making a 100-page book — normally \$5 to \$15 — cost us only \$2.

Any economist can tell you this is not a perfect system. Sure, we have cut back our book fees, but what about our increased paper and printer toner fees? Instead of the library buying a handful of check-out-only books, isn't it more economically demanding to

provide a single electronic copy and then require hundreds of students to print off individual copies?

While these points are true, we believe it's only the first step in the modernization of UNO's infrastructure and that the potential benefits will outweigh the current required costs.

Not only does this process allow students easier access, it also enables our teachers to finely tune their curricula, as opposed to having students buy an expensive, generic anthology of which only a portion is used in class. If you oppose the electronic system, consider that it could increase the quality of our education and save the university some money.

In the long term, the benefits of being a technology-based campus will continue to grow. Our capabilities for information and media on-hand will increase. The high demand for on-campus printing could lead to cheaper, more efficient printing facilities. The ratio of students-to-computers could increase as well, perhaps developing into a "Laptops for Everyone" program.

So when you are staring into that computer screen, wondering what good might come of printing out that hundred-page-long Google book, remember that we students are small in the scheme of things, and your education could be better because of our past peers' grudging acceptance of Blackboard's implementation.

Plus, the college grads of the future might be smarter when it comes time for us to consider hiring them.



Erik Peterson



Tom McCauley

Having moderated The Gateway's Web site comments, many of which are anonymous, I was always amazed by the sorts of things people will write under a veil of anonymity — which is one of the reasons you see my photo alongside the column, by the way.

JuicyCampus only stressed the question of what is appropriate online. Certainly free speech should not be limited because of a concern for people's feelings, but when posts cross into defamation and hate speech, a line might need to be drawn.

The way to figure out where such

a line should be is a continuous debate, with First-Amendment advocates arguing on one side and personal privacy advocates on the other. Web sites like JuicyCampus contribute to these talks in meaningful ways.

So, while JuicyCampus probably will rightfully be remembered for the sex, the lies and the horrible conduct of many less-than-mature students,

its legacy is likely to live on in the annals of the history of free expression.

That said though, I'm not going to miss it. And, I doubt many other students will, either.

Sinister Slant



Scott Stewart

thirsty?

Jesus says:

*"Whoever drinks
the water I give him
will never thirst."*

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LOVE ADS LOVE ADS LOVE ADS LOVE ADS

Kayci-You are an amazing girlfriend. It would be impossible for me to list all the reasons why I love you. I can't imagine my life without you! I love you so much!

Happy Valentine's Day!
-Steven

"I got a letter from Kuppo! I don't even know who Kuppo is. Kupo. Let's read it together!"

-Mogki, FFIK

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You are the BMOC!!

Tessie-
You've been such a great friend and sister to me over the past year and a half. I love laughing with you... and at you sometimes too. I'm proud to call you one of my best friends.
Love, Jackie

Don't get excited! You know a BMOC is just the Bookman on Campus.

I'm a man seeking a man. I enjoy Tyler Perry movies & can do a great Tyra Banks Impression. I'm looking for a gentleman that can show me a thing or two. I have sass & attitude & am looking forward to spicing up a relationship. If you are looking for someone to turn up the heat in your kitchen call Jared.

To those women on
MBSC floor two.
You work so hard
In all that you do.

You fuss and cook
And always serve and wait.
You need noticed
On this, a special date.

No rose this year.
I'm far away.
But in my heart
All of you stay.

Be my Valentine.
I miss you lots.
I'll keep under cover,
Signed just "The Fox."

Happy Valentine's Day to the beautiful women of Chi Omega!

Joy, the
only way V Art will
believe where to find you
is if the message is sent by
hand written word or word
of mouth through a close
family member you
know someone
who knows.
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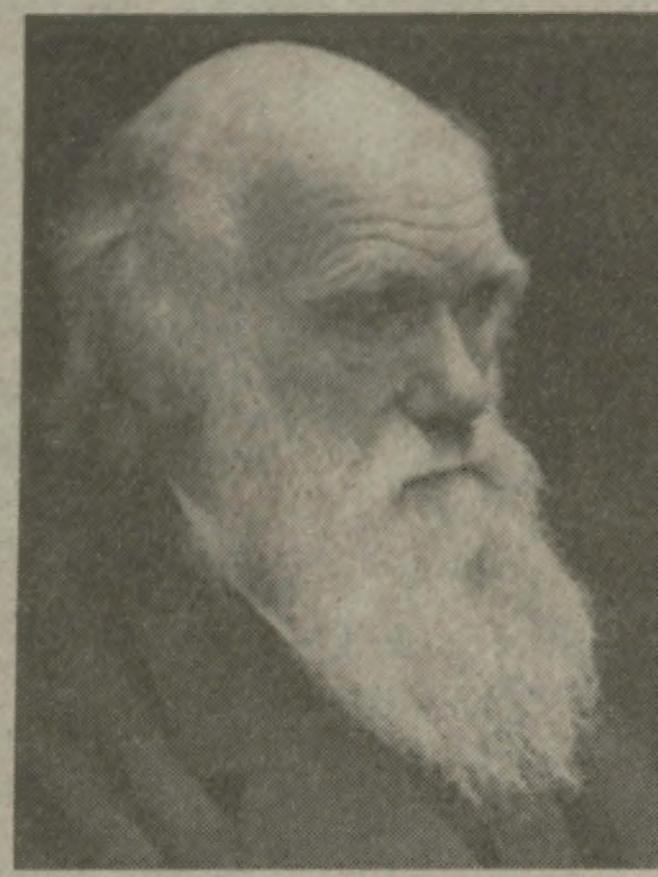
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